

## SKIN LIGHTENING METHOD

### ABSTRACT

A skin lightening method for lightening the natural skin tone of a user, or for treating disorders of hyperpigmentation, includes delivering an effective amount of 5 methyl sulfonyl methane (MSM) to an individual in need of skin lightening, until an noticeable lightening of skin tone is observed. Delivery may be accomplished by topical application, oral ingestion, or a combination of the foregoing. The skin lightening effect may be enhanced by application of an exfoliate during the treatment period. A transdermal patch may be used to deliver MSM to specific skin areas. A lightening of 10 skin tone equivalent to one or two Fitzpatrick skin type classes may be achieved in about three to six months. After cessation of treatment, skin returns to its natural, genetically-determined tone.